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## GENERAL CARDIOLOGY: HYPERTENSION, PREVENTION AND LIPIDS

### MODERATE ALCOHOL CONSUMPTION PREVENTS CARDIOVASCULAR EVENTS AMONG SMOKERS IN JAPANESE MEN

ACC Poster Contributions

Ernest N. Morial Convention Center, Hall F

Tuesday, April 05, 2011, 9:30 a.m.-10:45 a.m.

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Session Title: Identifying Preventing and Treating Atherosclerosis in the 21 st Century

Abstract Category: 17. Risk Reduction and Rehabilitation

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**Background:** Heavy alcohol consumption and cigarette smoking share similar, and probably additive, effects on some forms of cardiovascular disease. In contrast, it is known that moderate alcohol consumption prevents cardiovascular events. At present, research on how moderate alcohol use and smoking interact to influence risk for cardiovascular disease is limited.

**Methods:** We examined the relationship between smoking and composite cardiovascular events (death, acute coronary syndrome, stroke, acute limb ischemia) based on the status of alcohol consumption among 25,309 Japanese male subjects (20-61 years old) who had no disease and were taking no medication. A median follow-up was 7.5 years.

**Results:** Among subjects who never drink or drink <20g of alcohol per day, cardiovascular events increased as the number of cigarette smoked per day increased. The age-adjusted hazard ratio (95% confidence interval [CI]) for cardiovascular events were 1.31 (0.51-3.45), among former smokers, 2.00 (0.53-6.35) among smokers of 1-10 cigarettes per day, 2.99 (1.40-7.12) among smokers of 11-20 cigarettes per day, and 3.49 (1.40-9.07) among smokers ≥21 cigarettes per day compared to never smokers. However, among subjects who drink ≥20 g of alcohol per day, the increases in cardiovascular events were not observed among any levels of smokers. Serum high-density cholesterol level was higher among subjects with ≥20 g of alcohol consumption per day than those with <20 g of alcohol consumption per day (61.1mg/dL v.s. 55.3 mg/dL).

**Conclusions:** Moderate alcohol consumption may prevent cardiovascular events, in part, by increasing high-density cholesterol level among young- and middle-aged Japanese male smokers.